



beWell

...

in collaboration with

WELLNESS

*Lifestyle*



# the catalysts

to your wellness

Horses  
Cuisine & Outdoors  
Health-Wellness experts  
& you.



Jaipur Polo Club in collaboration with Wellness Lifestyle facilitates proactive care for the discerning community.



# the why & how

of wellness at Jaipur Polo Club

Accentuated by the pandemic and its devastating impact, JPC recognises the relevance of proactive care to strengthen one's personal health parameters and immunity and functioning at the top level.

It gives access to wellbeing stays at the club. These are specially curated residential programs with renowned wellness specialists, which are organised upon request.



The objectives of these Wellness Clinics and Interventions would broadly be deeper relaxation, stress reduction, rejuvenation, faster recovery, healing from injuries, improving sporting performance and functional fitness, and self-care and so on. Led by holistic health professionals, these will include aspects such as personalised health/lifestyle consultations, passive treatments or active sessions and salons.

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JPC is ushering in a new dimension that extends farther than the familiar fine horsemanship and sporting spirit.



JPC turns to our loyal and intelligent companions and superstars- the horses, and their ability to influence human wellbeing, as validated by growing number of studies.

Horses, Cuisine, Outdoors  
Holistic health experts,  
and Your wholehearted  
participation will be the catalysts  
to your wellbeing.

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# horses

Equine companionship is a non-judgemental way of just being, that in itself is a powerful cathartic and stress busting experience.





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# cuisine & outdoors

Basking in the glorious sunshine, and breathing in the fresh air while being nourished by freshly cooked are therapeutic.





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# health experts

Personalised and guided by seasoned health and wellness professionals, correction, prevention and pro-action will be the objective.



# connect

to discuss suitable options for your specific wellness objectives.

Be it polo players, athletes, organisational wellness off-sites, small groups, families or individuals wanting to retreat, there are customised options. The full-day schedule will include equine and outdoor time, health sessions and all meals.

[Enquire now](#)

Wellness Clinics/ Retreats are fixed-duration fully residential programs that are organised upon request.

- Minimum 8 participants and maximum 10
- Minimum age 18
- Retreat/clinic duration 3 nights to 14 nights
- Registration and full payment that includes stay and all meals are necessary.
- Each program will be unique and will be based on the program leads.
- Full adherence and compliance to the retreat terms is essential for admission
- Right of admission reserved



WELLNESS

Lifestyle

Wellness Lifestyle is a multidimensional wellness brand and company, with an impressive panel of holistic health and wellness experts from various disciplines, across the globe.

Through its strategic alliances and panel of experts and advisory council, they offer a comprehensive methodology in holistic health and wellbeing for proactive and preventive care.

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*Some of the Retreat themes ...*

REST & RESET. FUNCTIONAL FITNESS

SPORTING & FUNCTIONAL PERFORMANCE  
ENHANCEMENT

CORRECT. PREVENT . PROGRESS .

*The nature of our programs depends on the location, facilities and suitability. Jaipur Polo Club is a sporting institution and a club, and not a health/medical wellness centre/resort and therefore, the programs will be geared to that outlook to make the most out of what its equine-outdoor-sporting setting and spirit has to offer.*

*They are curated around what is most suitable for the intended group of participants. While a retreat has one of the aforementioned as the primary focus, there is always a certain degree of overlap and inclusions. The longer the retreats, the more personalised they become, customised for the individual's specific wellness needs, with more one on one guidance from the retreat lead.*

*Our physical, mental, spiritual, social and environmental dimensions and their intricate interplay expresses themselves in our state of wellbeing. Our specialists approach wellbeing from this holistic paradigm, which is what every holistic system of health stands for. Usually hosted by a pair of specialists, their complementary, integrated or augmented expertise makes the retreat offerings more robust and holistic.*

[www.wellnesslifestyle.com](http://www.wellnesslifestyle.com)



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E BROCHURE  



## JAIPUR POLO CLUB

REVIVING JAIPUR'S GOLDEN ERA OF EQUESTRIAN GLORY

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